



United States Department of Agriculture

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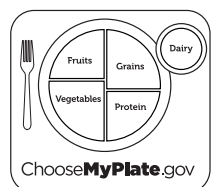
# What's? Cooking

USDA MIXING BOWL

# Cookbook

## First Try Cookbook

*By Tami*



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# Apple-Sage Wild Rice Stuffing

**Prep time:** 25 minutes

**Cook time:** 20 minutes

**Makes:** 12 Servings

## Ingredients

**4 ounces** chopped pecans  
**4 teaspoons** canola oil (divided)  
**1 1/2 cups** diced celery  
**1 1/2 cups** diced onions  
 1 medium red apple, such as Jonathan or Gala (halved, cored, and diced (about 1.5 cup total))  
**2 cups** hot cooked brown rice  
**1 cup** hot cooked wild rice  
**1/2 cup** dried cranberries  
 1 medium jalapeno pepper (seeded (if desired) and finely chopped OR 1/4 tsp dried pepper flakes)  
**1 1/2 tablespoons** chopped fresh sage (or 1.5 tsp dried rubbed sage)  
**3/4 teaspoon** salt

## Directions

1. Heat a large skillet over medium-high heat. Add the pecans and cook 2-3 minutes or until beginning to brown, stirring frequently. Set aside on separate plate.
2. Heat 1 teaspoon of the oil over medium heat. Cook the celery and onion 8 minutes or until beginning to lightly brown on edge, stirring occasionally.
3. Add the apples and cook 4 minutes or until tender crisp.
4. Stir in the pecans and the remaining ingredients and

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>193</b> |               |
| Total Fat             | 9 g        | 14%           |
| Protein               | 4 g        |               |
| Carbohydrates         | 26 g       | 9%            |
| Dietary Fiber         | 3 g        | 12%           |
| Saturated Fat         | 1 g        | 5%            |
| Sodium                | 307 mg     | 13%           |

## MyPlate Food Groups

|               |           |
|---------------|-----------|
| Fruits        | 1/4 cup   |
| Vegetables    | 1/4 cup   |
| Grains        | 1 ounce   |
| Protein Foods | 1/2 ounce |

cook 3-4 minutes or until the rice mixture is heated, stirring occasionally.

## Notes

Chef's Notes: Use any of your favorite nuts in place of pecans. Or leave them out if someone is allergic.

Materials: Large skillet, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife.

# Applesauce Cookies

Rating: ★★ ★

Makes: 12 servings

## Ingredients

- 1 cup sugar
- 1/2 cup margarine (or butter or shortening)
- 1 egg
- 2 teaspoons baking soda
- 2 1/2 cups flour (all purpose)
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 1/2 cups applesauce, unsweetened
- 1 cup raisins
- 1 cup nuts (optional)

## Directions

1. Preheat oven to 350°F. Prepare pan or cookie sheet (see below).
2. Cream together sugar, shortening and egg.
3. In a separate bowl, combine baking soda, flour, salt, and cinnamon. Mix well.
4. Stir flour mixture into shortening mixture just until moist.
5. Add applesauce, raisins, and nuts (if using).

For Cookies: Drop dough by heaping teaspoon several inches apart on a greased baking sheet. Bake at 350 degrees for 10 to 12 minutes.

For Cake: Bake at 350 degrees in an 8 inch x 8 inch pan for 40 minutes.

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>290</b> |               |
| Total Fat             | 8 g        | 12%           |
| Protein               | 4 g        |               |
| Carbohydrates         | 51 g       | 17%           |
| Dietary Fiber         | 2 g        | 8%            |
| Saturated Fat         | 1.5 g      | 8%            |
| Sodium                | 380 mg     | 16%           |

## Notes

To check cake for doneness, pierce top of cake with a toothpick. Cake is done when toothpick comes out clean.

# Asian in Arkansas

**Makes:** 4 Servings

“Lily is small in stature, but big in heart and cooking is a place where she feels especially skilled,” says Lily’s mom, Catherine. “She loves southern cuisine, but enjoys experimenting with recipes from around the world. Lily and I are able to bike to a farmers market every Saturday. Rice and soybeans are huge crops in Arkansas, so Lily decided to showcase these two things in her recipe. She also wanted to feature watermelon in her dish. Lily makes this recipe on the weekends so she can take it to school for lunch.”

## Ingredients

For the Spring Rolls:

- 4 ounces** vermicelli rice noodles
- 1 tablespoon** olive oil
- 1/2 pound** shrimp, peeled, tails removed, and deveined
- 8** brown-rice wrappers
- 8** basil leaves, whole
- 1 cup** shredded carrots
- 1** cucumber, peeled and cut into thin strips
- 8** sprigs of mint, leaves chopped
- Ponzu sauce, for dipping (optional)

For the Edamame Salad:

- 1 pound** frozen shelled edamame, thawed
- 1/2** red onion, peeled and diced
- 1** tomato, diced
- 2** garlic cloves, peeled and minced
- 1 tablespoon** olive oil
- 2 teaspoons** low-sodium soy sauce
- 2 tablespoons** rice wine vinegar
- 1 teaspoon** grated fresh ginger

For the Watermelon Skewers (not pictured):

- 1 cup** watermelon cubes
- 16** sprig mint leaves, halved
- 8** bamboo skewers



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>523</b>    |
| <b>Total Fat</b>          | <b>16 g</b>   |
| Saturated Fat             | 2 g           |
| Cholesterol               | 71 mg         |
| <b>Sodium</b>             | <b>565 mg</b> |
| <b>Total Carbohydrate</b> | <b>70 g</b>   |
| Dietary Fiber             | 11 g          |
| Total Sugars              | 9 g           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>28 g</b>   |
| Vitamin D                 | N/A           |



## Directions

1. **To make the Spring Rolls:** In a medium saucepan, cook vermicelli noodles according to package instructions; rinse, drain, and cool. Meanwhile, in a large nonstick pan, warm the olive oil over medium heat. Add the shrimp and sauté until pink and cooked through, about 6 minutes. Let cool and then coarsely chop.
2. **To Assemble:** Place a rice wrapper in a bowl of warm water until softened, then lay on a flat surface. Place one basil leaf first. Then add vermicelli noodles, 1/8th of shrimp, carrots, cucumber, and mint. Fold in the sides of the wrapper and then roll. Continue with remaining 7 wrappers. Serve with Ponzu sauce for dipping.
3. **To make the Edamame Salad:** In a large stockpot of boiling water, cook the edamame over medium-high heat, until just softened; drain. Into a large bowl, add the onion, tomato, edamame, and garlic. In a separate small bowl, whisk thoroughly the olive oil, soy sauce, rice wine vinegar, and ginger. Pour the dressing over the salad and let sit in the refrigerator for 15 minutes, or until the dressing is absorbed.
4. **To make the Watermelon Skewers:** Alternate watermelon and 2 whole mint leaves on skewers. Serve 2 skewers with 2 Spring Rolls and Edamame Salad.

The 2016 Healthy Lunchtime Challenge Cookbook

# Awesome Baked Falafel with Mango Salsa

**Makes:** 6 Servings

“Leya was inspired to make this dish by her uncle,” says Leya’s mom, Deena. “As a family of Middle Eastern descent, Leya and her uncle love to create traditional dishes with a twist. Falafel and mango salsa are a favorite in the Middle East, so this was an attempt to make a healthier version. Falafels are usually deep fried, whereas in this recipe they are baked and are just as delicious. The salsa includes tomatoes, which is Tennessee’s state fruit. Tennessee is now home to a large Middle Eastern immigrant population, so there are many falafel places opening their doors in the state.”

## Ingredients

For the Falafel:

- 2** 15-ounce can chickpeas, rinsed and drained
- 1 1/2 teaspoons** cumin
- 1 teaspoon** coriander powder
- 1/4 cup** chopped chives
- 1/4 cup** minced onion
- 2** garlic cloves, peeled and minced
- 1/4 cup** chopped cilantro
- 1/4 cup** chopped parsley
- 1/4 teaspoon** salt
- 2 tablespoons** all-purpose flour
- 1 teaspoon** baking powder
- 2 cups** water
- 2 tablespoons** olive oil, plus more for coating
- 1/2 cup** breadcrumbs
- 2 cups** instant oats
- Toasted sesame seeds

For the Yogurt Sauce:

- 1 cup** nonfat plain Greek yogurt
- 2 tablespoons** fresh lemon juice
- 2** garlic cloves, peeled and minced
- Salt

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For the Mango Salsa:



## Nutrition Information

| Key Nutrients  | Amount     | % Daily Value |
|--|------------|---------------|
| Total Calories   | 494        |               |
| Total Fat  | 14 g       |               |
| Protein  | 21 g       |               |
| Carbohydrates  | 75 g       |               |
| Dietary Fiber  | 14 g       |               |
| Saturated Fat  | 2 g        |               |
| Sodium   | 644 mg     |               |
| *Percent Daily Values are based on a 2,000 calorie diet. |            |               |
| <b>MyPlate Food Groups</b>                               |            |               |
| Fruits   | 1/4 cup    |               |
| Vegetables   | 1 1/2 cups |               |
| Grains   | 3 ounces   |               |
| Dairy  | 1/4 cup    |               |

## MyPlate Food Groups

## Directions

1. **To make the Falafel:** Preheat the oven to 425°F. In a blender, combine all ingredients except breadcrumbs, oats, and sesame seeds. Puree mixture until well blended. Transfer to a large mixing bowl. Add breadcrumbs and oats to mixture and mix by hand. Let stand for 10 minutes, then shape into balls and place on a greased or nonstick baking sheet. Brush balls with olive oil and sprinkle sesame seeds on top. Bake for 20 minutes, then flip falafel balls over and bake for an additional 20 minutes.
2. **To make the Yogurt Sauce:** In a medium bowl, combine all ingredients and toss well.
3. **To make the Mango Salsa:** In a medium bowl, combine all ingredients and toss well.
4. **To Assemble:** Spread the yogurt sauce on the inside of the halved pita bread, place 2 to 3 falafels inside the bread and top with salsa. You can have 1 or 2 halves, depending on how hungry you are. Enjoy!

The 2016 Healthy Lunchtime Challenge Cookbook

# Barley Jambalaya

**Prep time:** 25 minutes

**Cook time:** 1 hour, 0 minutes

**Makes:** 6 Servings

## Ingredients

- 1 cup** instant pearl barley
- 4 cups** water
- 2** whole bay leaves
- 3** medium onions
- 2** medium celery stalks
- 1** medium green, red, yellow, or orange bell pepper
- 2** medium cloves garlic
- 1 tablespoon** canola oil
- 4 ounces** ground turkey
- 2** (14.5-oz) cans diced tomato (no salt added)
- 1 teaspoon** salt
- 1/2 teaspoon** ground cayenne pepper
- 1 1/2 teaspoons** dried oregano
- 1 teaspoon** ground black pepper

## Directions

In Advance

1. In a colander, rinse barley under cold water.
  
2. In a medium pot over high heat, bring barley, water, and bay leaves to a boil. Reduce heat to low and cover. Cook barley until tender and water is absorbed, about 20-30 minutes.

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>220</b> |               |
| Total Fat             | 3 g        | 5%            |
| Protein               | 9 g        |               |
| Carbohydrates         | 41 g       | 14%           |
| Dietary Fiber         | 7 g        | 28%           |
| Saturated Fat         | 0 g        | 0%            |
| Sodium                | 418 mg     | 17%           |

## MyPlate Food Groups

|               |           |
|---------------|-----------|
| Vegetables    | 1 cup     |
| Grains        | 1 ounce   |
| Protein Foods | 1/2 ounce |

3. In a colander, drain barley. Set aside.

#### Preparation

4. Peel, rinse, and dice onions. Rinse and dice celery and pepper. Peel and mince garlic.

5. In a large pot over medium-high heat, heat oil.

6. Add onions, celery, pepper, and garlic to pot. Mix well. Cook until veggies are soft, about 5 minutes.

7. Add ground turkey. Cook until internal temperature registers 165 °F on a food thermometer, about 5 minutes more.

8. Add tomatoes and their juices. Bring to a simmer.

9. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.

10. Add cooked barley to the mixture. Stir to combine. Add more water or broth, if needed. Cook over low heat to blend flavors, about 5-10 minutes more.

11. Remove bay leaves and serve.

## Notes

#### Chef's Notes:

1. To save time, cook barley up to 2 days in advance.

Refrigerate until ready to use. Add to pot in step 10. Or, use another whole grain you have made in advance, like brown rice.

2. When doubling this recipe, do not double cayenne pepper unless you prefer a very spicy dish.

3. For a vegetarian option, use cooked or canned pinto or black beans, rinsed and drained, in place of meat.

Materials: Can opener, Colander, Cutting board, Large pot with lid, Measuring Spoons, Medium pot with lid, Mixing spoon, Sharp knife.

# Breakfast Burrito

Rating: ★★

Makes: 4 servings

## Ingredients

- 1 1/3 cups** black beans (cooked, mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)
- 4** tortillas, corn
- 2 tablespoons** red onion (chopped)
- 1/2 cup** tomatoes (chopped)
- 1/2 cup** salsa, low-sodium
- 4 tablespoons** yogurt, non-fat plain
- 2 tablespoons** cilantro (chopped)

## Directions

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Michigan Department of Community Health, Healthy Recipes

## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 155    |                |
| Total Fat      | 2 g    | 3%             |
| Protein        | 7 g    |                |
| Carbohydrates  | 18 g   | 9%             |
| Dietary Fiber  | 5 g    | 20%            |
| Saturated Fat  | 0 g    | 0%             |
| Sodium         | 287 mg | 12%            |

## MyPlate Food Groups

|               |         |
|---------------|---------|
| Vegetables    | 1 cup   |
| Grains        | 1 ounce |
| Protein Foods | 1 ounce |

# Breakfast Burritos with Salsa

Rating: ★★★★★

Makes: 4 Servings

For a change at breakfast, try this breakfast burrito.

## Ingredients

- 4 eggs (large )
- 1/8 cup low-sodium canned corn (drained, or 2 tablespoons frozen corn)
- 1 tablespoon 1% fat milk
- 1/8 cup green peppers (or about 2 tablespoons, diced)
- 1/4 cup onions (chopped)
- 1 teaspoon mustard
- 1/4 teaspoon garlic powder
- nonstick cooking spray
- 4 flour tortillas (large size)
- 1/4 cup salsa

## Directions

1. In a large mixing bowl, blend eggs, corn, milk, green peppers, onions, mustard, and garlic for 1 minute with a fork until eggs are smooth.
2. Heat a skillet over medium heat. Coat with nonstick cooking spray.
3. Cook egg mixture, stirring from time to time, until eggs are firm and cooked through.
4. Wrap tortillas in a paper towel and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas since they may be hot. Tortillas can also be placed in a skillet over low heat for 20-30 seconds or until warmed.

## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 260    |                |
| Total Fat      | 9 g    |                |
| Protein        | 12 g   |                |
| Carbohydrates  | 33 g   |                |
| Dietary Fiber  | 2 g    |                |
| Saturated Fat  | 2 g    |                |
| Sodium         | 400 mg |                |



5. Spoon cooked eggs evenly into the tortillas.
6. Serve each burrito topped with 2 tablespoons of salsa.

## Notes

A tip for using eggs for breakfast: roll scrambled eggs, cheese, and salsa in a tortilla for an easy on-the-go breakfast.

Recipe adapted from SNAP-ED Connection Recipe Finder

# Broccoli-Cheddar Frittata

Rating: ★

**Prep time:** 10 minutes

**Cook time:** 25 minutes

**Makes:** 6 Servings

This egg dish provides a quarter cup serving of vegetables during breakfast and uses reduced-fat cheddar cheese and non-fat milk to limit fat. Prep and cook in about 30 minutes makes this recipe an easy breakfast for both the weekday or the weekend.

## Ingredients

- 1 package (10-oz) frozen chopped broccoli
- 1/4 cup** water
- 8 eggs
- 1/4 cup** nonfat or low-fat milk
- 2 teaspoons** prepared mustard
- 1 teaspoon** seasoned salt
- 1/8 teaspoon** pepper
- 3/4 cup** shredded reduced-fat cheddar cheese (3 oz)
- 1 tablespoon** Chopped green onion
- 1 small carrot, diced
- nonstick cooking spray

## Directions

1. Combine broccoli, carrot, if desired, and water in 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well.



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 160    |                |
| Total Fat      | 8 g    | 12%            |
| Protein        | 13 g   |                |
| Carbohydrates  | 3 g    | 1%             |
| Dietary Fiber  | 1 g    | 4%             |
| Saturated Fat  | 3 g    | 15%            |
| Sodium         | 470 mg | 20%            |

## MyPlate Food Groups

|               |         |
|---------------|---------|
| Vegetables    | 1/4 cup |
| Protein Foods | 1 ounce |
| Dairy         | 1/2 cup |

2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion; mix well.
3. Coat same skillet with cooking spray; heat over medium heat until eggs are almost set, 8 to 10 minutes.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. Cut into wedges.

## Notes

### Chef's Notes:

Broil option: After removing from heat, frittata can be broiled, 6 inches from heat until eggs are completely set and no visible liquid egg remains, 2 to 3 minutes.

Three ways to serve a frittata: Serve wedges right from pan, slide uncut frittata topside-up onto platter, or invert it onto platter to show its nicely-browned bottom.

### Materials:

10-inch skillet, Large bowl, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife.

Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners

# Brown Rice Tabbouleh

**Prep time:** 30 minutes

**Makes:** 6 Servings

Try this refreshing Mediterranean inspired dish with tomatoes and cucumbers and seasoned with mint and parsley. Ready in less than 30 minutes or make the night before for a bolder taste.

## Ingredients

**3 cups** cooked brown rice  
**3/4 cup** chopped cucumber  
**3/4 cup** chopped tomato  
**1/2 cup** chopped fresh parsley  
**1/4 cup** chopped fresh mint leaves  
**1/4 cup** sliced green onions  
**1/4 cup** lemon juice  
**1/2 teaspoon** salt  
**1/4 teaspoon** freshly ground black pepper

## Directions

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl.
2. Toss well and chill.

## Notes

Chef's Notes:



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 200    |                |
| Total Fat      | 10 g   | 15%            |
| Protein        | 3 g    |                |
| Carbohydrates  | 26 g   | 9%             |
| Dietary Fiber  | 2 g    | 8%             |
| Saturated Fat  | 1.5 g  | 8%             |
| Sodium         | 200 mg | 8%             |

## MyPlate Food Groups

|            |              |
|------------|--------------|
| Vegetables | 1/4 cup      |
| Grains     | 1 1/2 ounces |

Use leftover brown rice from a meal cooked earlier in the week. Or, make a big batch on the weekend to use in this dish and for other easy weeknight meals.

For best taste, refrigerate for at least 1 hour to allow flavors to blend.

Serve over fish or lean meats, with hummus and pita, or as a stuffing inside fresh tomatoes.

Materials: Large bowl, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife.

Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners

# Chicken Kebab Lettuce Wraps

**Makes:** 4 Servings

“This recipe was inspired by my mom’s workouts and the diverse cultures that live in our community,” says Fanai. “The coleslaw is like our community—full of different flavors from all of the different cultures that live here.”

## Ingredients

For the Chicken Kebabs:

- 2 1/2 cups** water
- 1 cup** brown rice
- 1/2 pound** ground chicken
- 1/2 teaspoon** cumin
- 1/2 teaspoon** garlic powder
- 1/2 teaspoon** salt
- 1 tablespoon** fresh lemon juice
- 3 tablespoons** chopped parsley
- 1** egg
- 1/4 cup** breadcrumbs

For the Coleslaw:

- 1/4 cup** bell pepper, seeded and thinly sliced
- 1/4 cup** finely chopped celery
- 1/2** green apple, peeled and thinly sliced
- 1/4 cup** sliced grapes
- 1/2 cup** peas
- 1/4** onion, peeled and thinly sliced
- 1/4 cup** carrot, peeled and thinly sliced
- 1/4 cup** raisins
- 1/4 cup** low-fat plain yogurt
- 1/4 cup** low-fat mayonnaise
- Salt and freshly ground black pepper

To Assemble:

- Nonstick spray
- 8** romaine lettuce leaves



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>422</b>    |
| <b>Total Fat</b>          | <b>12 g</b>   |
| Saturated Fat             | 3 g           |
| Cholesterol               | 89 mg         |
| <b>Sodium</b>             | <b>573 mg</b> |
| <b>Total Carbohydrate</b> | <b>60 g</b>   |
| Dietary Fiber             | 6 g           |
| Total Sugars              | 14 g          |
| Added Sugars included     | 2 g           |
| <b>Protein</b>            | <b>19 g</b>   |
| Vitamin D                 | N/A           |

## Directions

1. **To make the Chicken Kebabs:** In a large stockpot, boil water with the rice over medium-high heat, cover, reduce heat to low, and simmer for 45 minutes, or until tender and water has been absorbed. Preheat the oven to 350°F. In a large bowl, combine all the kebab ingredients, and using your hands, form into 4 patties and place on a large non-stick baking sheet. Bake for 40 minutes, or until golden brown.
  2. **To make the Coleslaw:** In a large mixing bowl, combine all of the ingredients and mix well.
  3. **To Assemble:** Place patty on top of lettuce leaves and top with coleslaw.
- The 2016 Healthy Lunchtime Challenge Cookbook

# Chicken Tikka Pita with Cucumber Raita

**Makes:** 4 Servings

“My dad is from India and I like Indian food, especially chicken tikka masala,” says Shakthi. “I asked my dad how I can make chicken tikka masala and make it like a sandwich. I love chicken and I also like to eat a lot of vegetables. This recipe combines all these things and is very tasty and delicious. In the summer most of the vegetables we eat are from our garden. The cucumber raita dressing makes it delicious.”

## Ingredients

For the Chicken Tikka:

- 1 pound** chicken breast, boneless, skinless, cubed
- 1 cup** low--fat yogurt
- 1 1/2 teaspoons** ginger--garlic paste (can use  $\frac{3}{4}$  teaspoon ground ginger and  $\frac{3}{4}$  teaspoon minced garlic)
- 1 1/2 teaspoons** cumin powder
- 1 teaspoon** red chili powder
- 2 teaspoons** garam masala (or coriander seed)
- Dash to 1 teaspoon salt
- 1 teaspoon** freshly ground black pepper
- 3 teaspoons** tikka masala
- 1 1/2 teaspoons** fresh lemon juice
- 1 tablespoon** olive oil

For the Cucumber Raita:

- 2** hot house/English cucumbers, quartered
- 3** sprigs mint
- 20 ounces** plain Greek yogurt
- 10 ounces** low--fat sour cream
- 1/2 teaspoon** roasted ground cumin
- 1 teaspoon** salt

To Assemble:

- 4** pita breads
- 1** onion, peeled and chopped
- 2** carrots, peeled and shredded
- 2** green bell peppers, seeded and cut lengthwise
- 1** cucumber slice



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>592</b>    |
| <b>Total Fat</b>          | <b>21 g</b>   |
| Saturated Fat             | 8 g           |
| Cholesterol               | 115 mg        |
| <b>Sodium</b>             | <b>600 mg</b> |
| <b>Total Carbohydrate</b> | <b>47 g</b>   |
| Dietary Fiber             | 7 g           |
| Total Sugars              | 16 g          |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>56 g</b>   |
| Vitamin D                 | N/A           |
| Calcium                   | 502 mg        |



## Directions

1. **To make the Chicken Tikka:** In a large bowl, combine the chicken with the remaining ingredients and marinate, covered, in the refrigerator, for a minimum of 4 hours or overnight.

2. **Preheat the broiler.** Remove the chicken from the marinade, place it in an oven--safe skillet and broil for about 15 minutes, or until cooked through.

3. **To make the Cucumber Raita:** In a medium bowl, combine the raita ingredients.

4. **To Assemble:** Layer each pita bread pocket with vegetables, chicken, and cucumber raita.

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# Chocolate Chip Yogurt Cookies

**Makes:** 36 servings

Add extra calcium to your cookies with yogurt. These cookies also use whole wheat flour which adds fiber and other nutrients.

## Ingredients

- 1/2 cup** sugar
- 1/2 cup** brown sugar (firmly packed)
- 1/2 cup** margarine
- 1/2 cup** yogurt (non-fat, plain)
- 1 1/2 teaspoons** vanilla
- 3/4 cup** flour (all-purpose)
- 1 cup** flour (whole wheat)
- 1/2 teaspoon** baking soda
- 1/2 cup** chocolate chips (miniature, or carob chips)

## Directions

1. Heat oven to 375° F.
  2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
  3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
  4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375° F for 8 to 12 minutes or until light and golden brown.
  5. Cool 1 minute, remove from cookie sheets.
- Cornell University Cooperative Extension, Eat Smart New York!

## Nutrition Information

| Nutrients                 | Amount       |
|---------------------------|--------------|
| <b>Calories</b>           | <b>80</b>    |
| <b>Total Fat</b>          | <b>3 g</b>   |
| Saturated Fat             | 1 g          |
| Cholesterol               | N/A          |
| <b>Sodium</b>             | <b>45 mg</b> |
| <b>Total Carbohydrate</b> | <b>12 g</b>  |
| Dietary Fiber             | 1 g          |
| Total Sugars              | 7 g          |
| Added Sugars included     | 7 g          |
| <b>Protein</b>            | <b>1 g</b>   |
| Vitamin D                 | N/A          |
| Calcium                   | 12 mg        |
| Iron                      | N/A          |
| Potassium                 | 39 mg        |

# Couscous with Peas and Onions

**Makes:** 4 servings

Couscous is cooked with sage, peas and onions for a savory side dish. Look for couscous or whole grain couscous in the aisle near the rice.

## Ingredients

- 1 cup** onion (finely chopped)
- 1/2 teaspoon** sage (ground)
- 1 teaspoon** olive oil
- 1 1/3 cups** water
- 1 cup** green peas (frozen)
- 1 cup** couscous
- 1/2 teaspoon** salt (optional)

## Directions

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.

## Notes



Serve with lemon wedges or balsamic vinegar.

### Nutrition Information

| Nutrients                 | Amount       |
|---------------------------|--------------|
| <b>Calories</b>           | <b>205</b>   |
| <b>Total Fat</b>          | <b>1 g</b>   |
| Saturated Fat             | 0 g          |
| Cholesterol               | 0 mg         |
| <b>Sodium</b>             | <b>37 mg</b> |
| <b>Total Carbohydrate</b> | <b>40 g</b>  |
| Dietary Fiber             | 5 g          |
| Total Sugars              | 4 g          |
| Added Sugars included     | 0 g          |
| <b>Protein</b>            | <b>7 g</b>   |
| Vitamin D                 | 0 IU         |
| Calcium                   | 31 mg        |
| Iron                      | 1 mg         |
| Potassium                 | 179 mg       |

N/A - data is not available

### MyPlate Food Groups

|  |              |
|--|--------------|
|  Vegetables | 1/2 cup      |
|  Grains     | 1 1/2 ounces |



# Crunchy Hawaiian Chicken Wrap

**Rating:** ★★★★★

**Prep time:** 20 minutes

**Makes:** 6 Wraps

This appealing main dish combines seasoned chicken, sweet pineapple, and crunchy shredded vegetables, topped with a delicious poppy seed dressing all wrapped in a warm, whole-wheat tortilla.

## Ingredients

- 1/4 cup** light mayonnaise
- 1/8 cup** white vinegar
- 1/4 cup** sugar
- 1 teaspoon** poppy seeds
- 1 1/2 teaspoons** garlic powder
- 1 1/2 teaspoons** onion powder
- 1 1/2 teaspoons** chili powder
- 2 cups** Fresh broccoli, shredded
- 1 1/2 cups** Fresh carrots, peeled, shredded
- 1/4 cup** Canned crushed pineapple, in 100% juice, drained
- 1 cup** Fresh baby spinach, chopped
- 3 cups** Cooked diced chicken, 1/2" pieces (12 oz)
- 6** Whole-wheat tortillas, 10"

## Directions

1. In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder, and chili powder for the dressing. Mix well. Cover and refrigerate.
2. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate.



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 308    |                |
| Total Fat      | 6 g    |                |
| Protein        | 24 g   |                |
| Carbohydrates  | 42 g   |                |
| Dietary Fiber  | 5 g    |                |
| Saturated Fat  | 2 g    |                |
| Sodium         | 408 mg |                |

## MyPlate Food Groups

|               |          |
|---------------|----------|
| Vegetables    | 1/2 cup  |
| Grains        | 2 ounces |
| Protein Foods | 2 ounces |

3. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

**Suggestion**

Filling may be made up to one day in advance. Assemble wraps when ready to serve.

## Notes

**Our Story**

Mount Lebanon Elementary School is located in beautiful, historic Pendleton, South Carolina. For this competition, their “Healthy Kids Committee” worked diligently to develop, test, and prepare a recipe. The team tested the recipe and served it to a small group of students. To narrow down the choices, this wrap was cooked once with fish and once with chicken. The students were split half and half on which one they liked the best. The team chose chicken. Their creation, Crunchy Hawaiian Chicken Wrap, was so popular that it is currently featured on the Mount Lebanon Elementary School menu. As the name suggests, Crunchy Hawaiian Chicken Wrap is deliciously crunchy with a refreshing hint of tropical sweetness that kids find irresistible.

**Mount Lebanon Elementary School**

Pendleton, South Carolina

**School Team Members**

**School Nutrition Professional:** Vikki Mullinax

**Chef:** Loretta Arnold-Hayes (Owner and Chef, 1826 On The Green)

**Community Member:** Kristi Martin (School Nurse)

**Student:** Chandler W.

Recipes for Healthy Kids Cookbook for Homes

# Fit to Run Boston Marathon Cod-Potato Cake

**Makes:** 6 Servings

“We live at the start of the Boston Marathon. Our school and community become one soul during marathon season as we are a runners’ town,” says Abby. “We used local ingredients in our recipe plus what our state is known for. We created a healthy and balanced dish packed with protein and fresh ingredients that will bring the marathon spirit to the schools during lunch time. Our town is still healing after the Boston Marathon bombing, and this project gave us an opportunity to see the goodness and unity of our town. Eating healthy helps us stay alert and participate in school activities and extracurricular events as well.”

## Ingredients

For the Cod--Potato Cakes:

- 2** large russet potatoes, peeled and sliced
- 1 tablespoon** olive oil
- 1 1/2 pounds** fresh cod, or any flaky white fish
- 1/4 cup** rolled oats
- 2** eggs
- 1/4 cup** low-fat milk
- Salt and freshly ground black pepper
- 2 tablespoons** canola oil

For the Salad:

- 4 cups** fresh spinach, chopped
- 2** apples, peeled, cored and chopped
- 1/2 cup** strawberries, stemmed and sliced
- 2** clementines, peeled and sectioned
- 1/4 cup** dried cranberries
- 3 tablespoons** toasted almonds

For the Vinaigrette:

- 1/4 cup** fresh strawberries
- 1 tablespoon** olive oil
- 2 teaspoons** local honey



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>410</b>    |
| <b>Total Fat</b>          | <b>15 g</b>   |
| Saturated Fat             | 2 g           |
| Cholesterol               | 110 mg        |
| <b>Sodium</b>             | <b>215 mg</b> |
| <b>Total Carbohydrate</b> | <b>44 g</b>   |
| Dietary Fiber             | 7 g           |
| Total Sugars              | 15 g          |
| Added Sugars included     | 4 g           |
| <b>Protein</b>            | <b>28 g</b>   |
| Vitamin D                 | 1 mcg RAE     |
| Calcium                   | 129 mg        |

## Directions

1. **To make the Cod--Potato Cakes:** In a large stockpot, boil water over high heat. Add the potatoes and cook for 10 minutes, or until potatoes are tender. Mash with a masher or fork. Let cool. Meantime, in a large nonstick skillet, warm the olive oil over medium heat. Add the cod and cook for 4 minutes per side, or until flaky and cooked through. Let cool. In a large mixing bowl, combine mashed potatoes, oats, cod fish, eggs, milk, salt, and pepper. Mix well. In a large cast iron skillet or nonstick skillet, warm the oil on medium heat and cook 4 cod cakes at a time, turning over after 4 minutes or until crisp on both sides and hot throughout.

2. **To make the Salad:** In a large salad bowl, combine all of the ingredients together. In a small bowl, whisk together the vinaigrette ingredients.

3. **To Assemble:** Divide the Salad and Cod--Potato Cakes amongst the plates, drizzle with the Vinaigrette, and garnish with toasted almonds.

The 2016 Healthy Lunchtime Challenge Cookbook



# Grace's Supermeal: Cool Couscous and Berry Healthy Dessert

**Makes:** 6 Servings

"Through our cooking camps and Kids in the Kitchen class, I was inspired to eat well and make healthy food for my own family," says Grace. "We joined Grow Ohio Valley, a group that turns vacant city lots into gardens. Each week my mom and I would pick out our vegetables. It was great to know we were eating really fresh vegetables and helping our community. As a child I always liked when my mom made couscous and this past summer I found out how easy it was to prepare. Now I have a meal that even my picky 7 year-old sister will eat. The dish can be made in less than 20 minutes and is great packed up for lunch the next day."

## Ingredients

For the Cool Couscous:

- 2 cups** low--sodium chicken broth (or water)
- 1** 10--ounce box whole--wheat couscous
- 1 tablespoon** olive oil
- 1** yellow onion, peeled and diced
- 1 bunch** asparagus, white parts removed, chopped into bite--size pieces
- 1 cup** shelled edamame
- 1/2 bunch** kale or spinach, stemmed and chopped
- 1 cup** peas
- 1 cup** green beans, stemmed and halved
- 1 pint** grape or cherry tomatoes, halved
- 1/3 cup** nonfat plain Greek yogurt
- 1** store--bought medium rotisserie chicken or two cooked chicken breasts, shredded
- Salt and freshly ground black pepper

For the Berry Healthy Dessert (not pictured):

- 3 tablespoons** butter, room temperature
- 2** ripe bananas, peeled and sliced
- 1 cup** blueberries
- 1 cup** oats
- 1/2 cup** walnuts, finely chopped (optional)



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value |
|----------------|--------|---------------|
| Total Calories | 596    |               |
| Total Fat      | 20 g   |               |
| Protein        | 31 g   |               |
| Carbohydrates  | 79 g   |               |
| Dietary Fiber  | 11 g   |               |
| Saturated Fat  | 5 g    |               |
| Sodium         | 218 mg |               |

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

|               |              |
|---------------|--------------|
| Fruits        | 1/2 cup      |
| Vegetables    | 1 1/2 cups   |
| Grains        | 1 1/2 ounces |
| Protein Foods | 1 1/2 ounces |

## Directions

**1. To make the Cool Couscous:** In a medium saucepan, bring the broth to a boil over medium--high heat. Stir in the couscous, cover, remove from heat and let stand 5 minutes. In a nonstick skillet, warm the oil over medium heat. Add the onions, asparagus, edamame, kale, peas, and green beans and cook about 6 minutes or until vegetables are tender and golden brown. Add tomatoes and stir to combine. Stir Greek yogurt into couscous, add vegetables, and season to taste with salt and pepper. Add cooked chicken and stir to combine. Serve.

**2. To make Berry Healthy Dessert:** Preheat oven to 375°F. Grease an oven--safe ceramic or glass baking dish with 1 tablespoon butter. Layer banana slices on bottom and then a layer of blueberries. In a small bowl, combine oats, walnuts, cinnamon and remaining 2 tablespoons butter, and using your fingers, crumble the butter into the mix thoroughly. Sprinkle on top of the blueberries, add a few additional berries, sprinkle sugar over the top and cook for 30 minutes, or until topping is golden.

The 2016 Healthy Lunchtime Challenge Cookbook

# Green Chili Cheese Roll and Lime Jicama Fries

**Makes:** 6 Servings

“McLean loves to make salsa, and this recipe combines his love of salsa making with the famous green chili cheeseburger New Mexico is known for,” says McLean’s mom, Kristin. “This recipe kept the feel of a green chili cheeseburger, but easier for lunch and healthier. Jicama is a great vegetable that is light and crisp but takes on other flavors, providing a healthy crunch to replace the greasy fries. The salsa is found in the form of a deconstructed guacamole. Our state question is ‘red or green?’ Every New Mexican knows that question refers to your green or red chili preference. This burger has both!”

## Ingredients

For Green Chili Cheese Roll:

- 1 tablespoon** olive oil
- 1 pound** ground turkey
- 1/2** onion, peeled and chopped
- 1** tube canned thick crust pizza dough, whole-wheat if available
- 1/4 teaspoon** salt
- 1/2 teaspoon** garlic powder
- 1 tablespoon** red chili powder, or to taste
- 2** tomatoes, chopped
- 1 cup** shredded low-fat sharp cheddar
- 1/2 cup** Hatch green chili, or more to taste
- 1/4 cup** diced pickles

For Jicama Fries:

- 1** large jicama, peeled and thinly sliced
- 2** avocados, peeled, pitted, and cut into cubes
- 1/2 cup** cilantro, stems removed, coarsely chopped
- 1/4 cup** olive oil
- 1/2 cup** fresh lime juice
- Salt and freshly ground black pepper to taste



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>425</b>    |
| <b>Total Fat</b>          | <b>22 g</b>   |
| Saturated Fat             | 4 g           |
| Cholesterol               | 41 mg         |
| <b>Sodium</b>             | <b>728 mg</b> |
| <b>Total Carbohydrate</b> | <b>33 g</b>   |
| Dietary Fiber             | 9 g           |
| Total Sugars              | 7 g           |
| Added Sugars included     | 2 g           |
| <b>Protein</b>            | <b>26 g</b>   |

## Directions

1. **For Green Chili Cheese Roll:** In a large nonstick skillet, warm the olive oil over medium heat. Add the ground turkey and onions and cook for 10 minutes, or until turkey is cooked through and onions are softened. Drain well, add remaining ingredients, and mix well. Cook for 2 minutes more.
2. **Preheat the oven to 425°F.** Roll out the pizza dough on a large nonstick baking sheet and stretch to make a rectangle. Spread the meat mixture on the dough. On the long side, carefully fold over the dough and roll it similar to a jelly roll. Pinch seam closed and gently put seam side down onto the sheet. Pinch ends closed. Bake for 15 to 20 minutes or until golden brown. Cut into six slices.
3. **To make the Jicama Fries:** In a large bowl, combine the jicama, avocado, and cilantro. In small bowl, whisk the olive oil, lime juice, salt, and pepper. Add to jicama mixture and stir gently. Serve with the Green Chili Cheese Roll.

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# Kickin Cauliflower Shrimp and Grits

**Makes:** 4 Servings

"I was inspired to make Kickin' Cauliflower Shrimp and Grits, because a lot of the people in Mississippi love shrimp and grits," says Aniya. "Sadly, some of my fellow Mississippians add pounds of butter and salt to their shrimp and grits. So this is my version of healthy shrimp and grits, dedicated to the state of Mississippi."

## Ingredients

**3 tablespoons** olive oil  
**1/4** onion, peeled and chopped  
**2** garlic cloves, peeled and minced  
**1 bunch** collard greens, chopped  
**1/2 cup** water  
**1 dash** balsamic vinegar  
 Salt and freshly ground pepper  
**1** head cauliflower, stem removed and chopped  
**1** fresh lemon, zest and juice  
**1/2 cup** lite coconut milk  
**10 ounces** fresh shrimp, peeled, tails removed, deveined  
**1** ear corn, kernels removed (or 1/2 cup kernels)  
**1 teaspoon** fresh chives  
**1 teaspoon** chili powder  
 Red pepper flakes (optional)

## Directions



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>232</b>    |
| <b>Total Fat</b>          | <b>14 g</b>   |
| Saturated Fat             | 3 g           |
| Cholesterol               | 88 mg         |
| <b>Sodium</b>             | <b>519 mg</b> |
| <b>Total Carbohydrate</b> | <b>16 g</b>   |
| Dietary Fiber             | 5 g           |
| Total Sugars              | 5 g           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>14 g</b>   |

1. **In a large stockpot**, warm 1 tablespoon of oil over medium heat, add the onion and garlic and cook for 1 minute. Add the collard greens, water, balsamic, salt, and pepper. Cook for 25 minutes on low heat, or until greens are tender.

2. **Meanwhile, in a food processor**, add cauliflower and pulse until it's rice-like in consistency. In a large saucepan, cook the cauliflower over medium heat until it releases some water, about 3 minutes. Add  $\frac{3}{4}$  of the zest and juice of lemon, the coconut milk, and 1 tablespoon of olive oil. Reduce heat to low, add the corn, and cook for 5 minutes, or until cauliflower and corn are cooked through.

3. **In a large nonstick skillet**, warm remaining tablespoon of olive oil on medium heat. Add the shrimp, chives, salt, pepper, chili powder and red pepper flakes, if using, and cook about 5 minutes or until shrimp are pink and cooked through.

4. **To Assemble:** Plate the cauliflower grits topped with greens and shrimp and squeeze a little lemon juice on top before serving.

The 2016 Healthy Lunchtime Challenge Cookbook

# Korean Lentil Patties

**Makes:** 6 Servings

"I created this dish because I like to cook with my mom in the kitchen," says Mena. "I wanted to make a healthy meal that highlights my Korean background and also learn more about nutrition when I cook. I made this recipe for my dad and he loved the taste. I am very lucky to live in North Carolina because I can choose so many wonderful vegetables to cook with, including sweet potatoes, which are so tasty!" Mena serves this with roasted sweet potatoes.

## Ingredients

For Korean Lentil Patties:

- 3/4 cup** brown lentils, rinsed and drained
- 2 cups** vegetable broth
- 1** yellow onion, peeled and chopped
- 1 teaspoon** minced garlic
- 2 tablespoons** Korean hot pepper paste or red chili paste
- 1/4 cup** dried cranberries
- 1/4 cup** chopped walnuts
- 1/2** lemon, juiced
- 1 teaspoon** kosher salt
- 1/2 teaspoon** freshly ground black pepper
- 1 cup** rolled oats
- 1** egg
- 1/2 cup** panko breadcrumbs
- Olive oil

For Greek Dill Yogurt:

- 1 cup** low-fat Greek yogurt
- 1 tablespoon** dill

## Directions

1. **To make the Korean Lentil Patties:** In a large stockpot,



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>276</b>    |
| <b>Total Fat</b>          | <b>7 g</b>    |
| Saturated Fat             | 1 g           |
| Cholesterol               | 35 mg         |
| <b>Sodium</b>             | <b>532 mg</b> |
| <b>Total Carbohydrate</b> | <b>39 g</b>   |
| Dietary Fiber             | 8 g           |
| Total Sugars              | 8 g           |
| Added Sugars included     | 3 g           |
| <b>Protein</b>            | <b>15 g</b>   |

combine lentils with the broth and bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer until tender, about 30 minutes. Once tender, drain the lentils to remove any extra liquid and let cool for 10 minutes. In a large mixing bowl, combine the lentils with the remaining ingredients except the breadcrumbs. Form into 6 balls with your hands. Place breadcrumbs on a plate and roll the balls in the breadcrumbs, flatten into patties, and refrigerate for at least 30 minutes. Meanwhile, preheat the oven to 400°F. Place the patties on a large baking sheet and drizzle olive oil over the top of the patties. Bake for 25 minutes or until golden brown. Serve with Greek Dill Yogurt.

2. **To make Greek Dill Yogurt:** In a small bowl, whisk together the yogurt and dill and serve with the patties.
- The 2016 Healthy Lunchtime Challenge Cookbook



# Lentil Tacos with Cilantro-Avocado Drizzle

**Makes:** 4 Servings

"This recipe includes a number of colorful ingredients such as corn, lentils, peaches, cabbage, cilantro, and garlic, all of which are grown in Kansas," says Joey. "My recipe has many healthy ingredients from each food group on MyPlate, such as whole--grains in the tortillas; vegetables like purple cabbage and garlic; fruits like pineapple tidbits and avocado; lentils, for protein; and dairy from the Greek yogurt. I also made a Mango--Peach Smoothie to add more fruit and dairy. My family enjoyed eating this meal, so I hope you enjoy it, too."

## Ingredients

For the Lentil Tacos:

- 1 1/4 cups** water
- 1/2 cup** green lentils
- 1 teaspoon** extra--virgin olive oil
- 1** garlic clove, peeled and minced
- 1/2 teaspoon** salt
- 1/2 teaspoon** dried oregano
- 1 teaspoon** cumin
- 1 teaspoon** ground ancho chili pepper
- 4** whole--grain tortillas
- 1 cup** shredded purple cabbage
- 1/2 cup** canned pineapple, drained
- 1/2** fresh lime, quartered

For the Cilantro--Avocado Drizzle:

- 1** small ripe avocado, peeled, pitted, and thinly sliced
- 1/2 cup** non--fat plain Greek yogurt
- 1/4 teaspoon** salt
- 1** garlic clove, peeled and minced
- 1/4 cup** fresh cilantro, chopped

For the Mango--Peach Smoothie (not pictured):

- 1/2 cup** sliced peaches
- 1/2 cup** frozen mango chunks
- 1/2 cup** low--fat milk
- 1/2 cup** non--fat plain Greek yogurt



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>347</b>    |
| <b>Total Fat</b>          | <b>11 g</b>   |
| Saturated Fat             | 3 g           |
| Cholesterol               | 3 mg          |
| <b>Sodium</b>             | <b>672 mg</b> |
| <b>Total Carbohydrate</b> | <b>48 g</b>   |
| Dietary Fiber             | 13 g          |
| Total Sugars              | 15 g          |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>19 g</b>   |
| Vitamin D                 | N/A           |
| Calcium                   | 244 mg        |

## Directions

1. **To make the Lentil Tacos:** In a large stockpot, bring 1 cup of water to a boil over medium heat. Add lentils, return to boiling, reduce heat, partially cover, and simmer for 25 minutes, or until al dente. Remove from heat and drain. In a small nonstick skillet, warm the olive oil on medium heat and add the garlic. Cook for 1 minute then add the lentils, salt, oregano, cumin, chili pepper, and remaining  $\frac{1}{4}$  cup water. Reduce the heat to low and simmer for about 5 minutes or until most of the water evaporates.

2. **To make Cilantro--Avocado Drizzle:** In a food processor, combine all ingredients and pulse until smooth. Transfer to a small bowl for serving.

3. **To Assemble:** Divide lentil mixture amongst the tortillas and top with cabbage, pineapple, fresh lime, and Cilantro-Avocado Drizzle.

4. **To make Mango--Peach Smoothie:** Combine all ingredients in a blender and blend until smooth.

The 2016 Healthy Lunchtime Challenge Cookbook

# Manly Muffin Meat Loaf

Rating: ★★★★★

Makes: 6 servings

## Ingredients

1 egg  
 1/2 cup non-fat milk  
 3/4 cup oats  
 1 pound lean ground beef  
 3 tablespoons onion (chopped)  
 1/2 teaspoon salt  
 1/2 cup cheese (any variety) (grated)

## Directions

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture and divide evenly into 12 greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

## Notes

Combine meat loaf ingredients until well mixed, but don't over mix; too much mixing can make a meat loaf tough.

### Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 213    |                |
| Total Fat      | 11 g   | 17%            |
| Protein        | 20 g   |                |
| Carbohydrates  | 9 g    | 3%             |
| Dietary Fiber  | 1 g    | 4%             |
| Saturated Fat  | 5 g    | 25%            |
| Sodium         | 315 mg | 13%            |

### MyPlate Food Groups

|               |           |
|---------------|-----------|
| Grains        | 1/2 ounce |
| Protein Foods | 2 ounces  |
| Dairy         | 2 cups    |

**Safety Tip:** Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. You will know that your loaves will be completely and safely cooked without being dried out from overheating.

Kansas Family Nutrition Program, Kids a Cookin’

# Maryland Crab Lettuce Cups

**Makes:** 8 Servings

“Feeling blue or crabby? This tasty pick-me-up highlights Maryland blue crab meat, which is with other ingredients in a Bibb lettuce cup that can be rolled up for fun eating,” says Colby. “Working with my mom, we nixed some ingredients and reduced others. We also reworked proportions and used fresh-frozen foods in place of some items not in season right now, to save money. I then presented two options to three tough critics: my preschool siblings, including a very picky eater. This dish got smiles and clean plates all around, so it’s a hands-down winner.” Jacob serves this treat with Delmarva Chips—baked whole-wheat tortillas dusted with seasonings and sea salt—and an Apple-Tomatillo Green Salsa.

## Ingredients

- 2 tablespoons** unsalted butter
- 1/2 pound** Maryland blue crabmeat (lump or backfin)
- 3** fresh limes, zested and juiced
- 1 cup** frozen corn
- 1/2** red bell pepper, seeded and chopped
- 1/4 teaspoon** smoked paprika
- 1/4 teaspoon** cumin
- Sea salt and freshly ground black pepper
- 1 tablespoon** grapeseed oil or olive oil
- 2** fresh oranges, juiced
- 1** head of Bibb lettuce
- 1/2 cup** micro greens or salad greens
- 1** avocado, pitted, peeled, and cut into thin slices
- 1/2 cup** low-fat Jack cheese, shredded

## Directions



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value |
|----------------|--------|---------------|
| Total Calories | 143    |               |
| Total Fat      | 8 g    |               |
| Protein        | 8 g    |               |
| Carbohydrates  | 11 g   |               |
| Dietary Fiber  | 3 g    |               |
| Saturated Fat  | 3 g    |               |
| Sodium         | 180 mg |               |

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

|        |         |
|--------|---------|
| Fruits | 1/4 cup |
|--------|---------|

1. **In a large nonstick skillet**, melt 1 tablespoon butter over medium heat. Add the crabmeat and zest of 1 lime and cook for 3 minutes, or until crab turns light brown. Remove crab to separate bowl and set aside.

2. **In the same pan**, melt remaining tablespoon butter over medium heat, add the corn, red pepper, smoked paprika, cumin, and 1 tablespoon lime juice. Cook until kernels start to turn golden--brown, about 5 minutes. Season with salt pepper, to taste. Set aside.

3. **To make citrus dressing**, in a small bowl, whisk together oil, remaining lime juice and zest, and all of the orange juice. Add salt and pepper, to taste.

4. **To Assemble**: Set out 8 plates and place two Bibb lettuce leaves on each plate, so that each leaf forms a cup shape. To each lettuce cup, add: 1 tablespoon micro greens, 2 tablespoons corn mixture, 2 tablespoons crab meat, and 1 tablespoon Jack cheese. Drizzle 2 teaspoons citrus dressing over each lettuce cup. Serve with avocado slices (not shown).

The 2016 Healthy Lunchtime Challenge Cookbook

# Misickquatash (Indian Succotash)

Rating: ★★★★★

**Makes:** 6 servings

## Ingredients

**8 ounces** lean ground beef  
**1 cup** lima beans (frozen, cooked and drained)  
**1 can** corn (15 1/2 ounce, drained)  
**1 can** tomatoes (15 1/2 ounce, broken up)  
**1/4 teaspoon** salt  
**1/4 teaspoon** pepper  
**1/8 teaspoon** nutmeg

## Directions

1. Brown ground beef in pan. Drain excess liquid.
2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated.
3. Sprinkle with nutmeg before serving.

USDA Food Distribution Program on Indian Reservations, A River of RecipesNative American Recipes Using Commodity Foods

## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 158    |                |
| Total Fat      | 5 g    | 8%             |
| Protein        | 11 g   |                |
| Carbohydrates  | 20 g   | 7%             |
| Dietary Fiber  | 4 g    | 16%            |
| Saturated Fat  | 2 g    | 10%            |
| Sodium         | 415 mg | 17%            |

## MyPlate Food Groups

|               |         |
|---------------|---------|
| Vegetables    | 3/4 cup |
| Protein Foods | 1 ounce |

# Mouth-Watering Oven-Fried Fish

Rating: ★★★★★

Makes: 6 servings

## Ingredients

- 2 pounds** fish fillets (see notes)
- 1 tablespoon** lemon juice (fresh)
- 1/4 cup** buttermilk (fat-free or low-fat, see notes)
- 1 teaspoon** garlic (fresh, minced)
- 1/8 teaspoon** hot sauce
- 1/4 teaspoon** white pepper (ground)
- 1/4 teaspoon** salt
- 1/4 teaspoon** onion powder
- 1/2 cup** corn flakes (crumbled or regular bread crumbs)
- 1 tablespoon** vegetable oil
- 1** lemon (fresh, cut in wedges)

## Directions

1. Preheat oven to 475 F .
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>150</b> |               |
| Total Fat             | 3.5 g      | 5%            |
| Protein               | 25 g       |               |
| Carbohydrates         | 4 g        | 1%            |
| Dietary Fiber         | 0 g        | 0%            |
| Saturated Fat         | 0.5 g      | 3%            |
| Sodium                | 210 mg     | 9%            |



7. Bake for 20 minutes on middle rack without turning.

8. Cut into 6 pieces. Serve with fresh lemon.

## Notes

\*Atlantic cod and low fat buttermilk (1%) used for nutritional analysis.

May substitute black pepper for white pepper.

# One Pan Spaghetti

Rating: ★★★★★

Makes: 10 servings

## Ingredients

- 1 pound ground beef (lean)
- 1 onion (medium, chopped)
- 3 1/2 cups water
- 1 can tomato sauce (15 ounces)
- 2 teaspoons dried oregano
- 1/2 teaspoon sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon rosemary
- 1/4 teaspoon pepper
- 2 cups spaghetti noodles (broken)
- 1 cup Parmesan cheese (shredded)

## Directions

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet). Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers with in 2-3 hours.

## Notes

For 2 cups of broken spaghetti noodles, use about 1/3 of a one pound box.

### Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>220</b> |               |
| Total Fat             | 5 g        | 8%            |
| Protein               | 13 g       |               |
| Carbohydrates         | 29 g       | 10%           |
| Dietary Fiber         | 2 g        | 8%            |
| Saturated Fat         | 2.5 g      | 13%           |
| Sodium                | 360 mg     | 15%           |

# Peanut, Peach, N Pineapple Wrap

Rating: ★★☆☆

**Prep time:** 15 minutes

**Makes:** 4 Servings

Inspired by an all-time favorite, peanut butter and jelly sandwiches, this wrap is easy and fun for kids to make. With the sweet flavor of fruit and the crisp texture of green pepper and lettuce, it's a great way to fit one cup of fruit and veggies into a "wrap 'n go" meal.

## Ingredients

- 1 can** sliced peaches (15 oz, drained)
- 1 can** pineapple tidbits in juice (drained)
- 1/2 cup** red or green bell pepper (chopped)
- 1 teaspoon** cinnamon
- 4** whole wheat tortillas (10-inch)
- 1/2 cup** chunky peanut butter
- 3 cups** lettuce (shredded)

## Directions

1. In a medium bowl, combine peaches, pineapple, bell pepper and cinnamon.
2. Warm the tortillas.
3. Spread 2 tablespoons of peanut butter on one side of each tortilla, leaving room on the edges.
4. Spoon equal portions of the peach mixture over peanut butter, then top with lettuce.
5. Fold the side and bottom edges of each tortilla toward



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 430    |                |
| Total Fat      | 15 g   | 23%            |
| Protein        | 13 g   |                |
| Carbohydrates  | 64 g   | 21%            |
| Dietary Fiber  | 8 g    | 32%            |
| Saturated Fat  | 2.5 g  | 13%            |
| Sodium         | 600 mg | 25%            |

## MyPlate Food Groups

|               |              |
|---------------|--------------|
| Fruits        | 1/2 cup      |
| Vegetables    | 1/2 cup      |
| Grains        | 2 1/2 ounces |
| Protein Foods | 2 ounces     |

the middle over the filling, then roll so the tortilla covers the filling.

## Notes

Mix the drained juices with your breakfast juice if you like.

To make them more pliable before wrapping, warm tortillas. 10 to 15 seconds on high heat in the microwave, 3 to 5 minutes at 350°F in aluminum foil in the oven, and 15 seconds per side over medium-high on the stove top.

Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners

# Perfect Pumpkin Pancakes

Rating: ★★★★★

Makes: 12 servings

## Ingredients

**2 cups** flour  
**6 teaspoons** brown sugar  
**1 tablespoon** baking powder  
**1 1/4 teaspoons** pumpkin pie spice  
**1 teaspoon** salt  
**1** egg  
**1/2 cup** pumpkin (canned)  
**1 3/4 cups** milk, low-fat  
**2 tablespoons** vegetable oil

## Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.

### Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 127    |                |
| Total Fat      | 3 g    | 5%             |
| Protein        | 4 g    |                |
| Carbohydrates  | 21 g   | 7%             |
| Dietary Fiber  | 1 g    | 4%             |
| Saturated Fat  | 1 g    | 5%             |
| Sodium         | 159 mg | 7%             |

### MyPlate Food Groups

|        |              |
|--------|--------------|
| Grains | 1 1/2 ounces |
| Dairy  | 1/4 cup      |

5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.

## Notes

If you don't have pumpkin spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger, and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.

**Safety Tip:** You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook. Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

Kansas Family Nutrition Program, Kids a Cookin'

# Polenta with Pepper and Cheese

Rating: ★★★★★

**Cook time:** 23 minutes

**Makes:** 8 servings

## Ingredients

- 4 cups** water
- 1 1/2 cups** corn meal (or polenta, uncooked)
- 1 can** whole kernel corn mixed with green and red peppers (11 ounces, drained)
- 2 cans** green chiles (7 - 8 ounces)
- 1/2 teaspoon** salt
- 1 tablespoon** margarine or butter
- 6 ounces** cheese, cheddar, reduced fat, shredded
- 1 can** black or pinto beans (15 ounces, rinsed)
- Garnish:
  - cilantro sprigs (optional)
- 1** red bell pepper (cut into rings)

## Directions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the margarine, cheese and beans.
4. Remove from the heat and transfer to a serving dish.
5. Garnish with red bell pepper rings and cilantro.

California Health Department - Los Angeles County, Es Facil CampaignSubmitted by Gloria Vargas

## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 254    |                |
| Total Fat      | 4 g    | 6%             |
| Protein        | 12 g   |                |
| Carbohydrates  | 43 g   | 14%            |
| Dietary Fiber  | 5 g    | 20%            |
| Saturated Fat  | 1 g    | 5%             |
| Sodium         | 506 mg | 21%            |

## MyPlate Food Groups

|            |         |
|------------|---------|
| Vegetables | 3/4 cup |
| Dairy      | 1/4 cup |

# Quick and Easy Baked Potato Salad

**Prep time:** 15 minutes

**Cook time:** 10 minutes

**Makes:** 4 Servings

If you love baked potatoes but associate them primarily with the colder winter months, this Baked Potato Salad will fill that void come summer. With reduced-fat cheddar cheese, chives and real bacon, you'll feel like you're eating a traditional baked potato in a dish that's just slightly more summer picnic-friendly. The best part? There's no need to fire up the oven when you have a microwave handy! If requiring a gluten-free recipe, check the label of the indicated (\*) recipe ingredients to ensure they are gluten-free.

## Ingredients

**1 1/2 pounds** red potatoes  
**1 cup** non-fat plain yogurt  
**1/3 cup** minced onion  
**1/2 cup** shredded reduced fat cheddar cheese  
**4 tablespoons** snipped fresh chives  
**3 tablespoons** real bacon bits or pieces  
**1/4 teaspoon** salt  
 Freshly ground pepper to taste  
 chopped fresh parsley (optional)

## Directions

1. Place whole potatoes (do not poke) into microwave-safe dish.
2. Cover dish. (If covering dish with plastic wrap, poke



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 200    |                |
| Total Fat      | 4 g    | 6%             |
| Protein        | 11 g   |                |
| Carbohydrates  | 34 g   | 11%            |
| Dietary Fiber  | 3 g    | 12%            |
| Saturated Fat  | 2 g    | 10%            |
| Sodium         | 360 mg | 15%            |

## MyPlate Food Groups

|            |            |
|------------|------------|
| Vegetables | 1 1/2 cups |
| Dairy      | 3/4 cup    |



small hole in plastic).

3. Microwave on high for 10 to 12 minutes depending on strength of microwave.

4. Use oven mitts or a towel to remove dish from microwave; carefully remove cover from dish due to steam build up and let cool.

5. Cut potatoes into bite-sized pieces and place in a large bowl with remaining ingredients; stir and mix well.

## Notes

This salad may be served right away, but is best if refrigerated for at least one hour to allow flavors to blend.

Meeting Your MyPlate Goals on a Budget Toolkit by MyPlate National Strategic Partners

# Red Hot Fusilli

**Makes:** 4 servings

## Ingredients

**1 tablespoon** olive oil  
**2 cloves** garlic (minced)  
**1/4 cup** parsley (fresh minced)  
**4 cups** ripe tomatoes (chopped)  
**1 tablespoon** fresh basil (chopped or 1 tsp dried basil)  
**1 tablespoon** oregano leaves (crushed or 1 tsp dried oregano)  
**1/4 teaspoon** salt  
 ground red pepper (or cayenne to taste)  
**8 ounces** fusilli pasta (uncooked, 4 cups cooked)  
**1/2 pound** cooked chicken breast, optional\* (diced into 1/2-inch pieces)

## Directions

1. Heat oil in a medium saucepan. Saute garlic and parsley until golden.
2. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.
3. Cook pasta firm in unsalted water.
4. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley. Serve hot as a main dish and cold for the next day's lunch.

\*Cost estimate and nutritional analysis includes optional chicken.

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>380</b> |               |
| Total Fat             | 7 g        | 11%           |
| Protein               | 28 g       |               |
| Carbohydrates         | 51 g       | 17%           |
| Dietary Fiber         | 5 g        | 20%           |
| Saturated Fat         | 1.5 g      | 8%            |
| Sodium                | 200 mg     | 8%            |

## Notes

If pre-cooked chicken is not available, cook  $\frac{3}{4}$  lb raw chicken and chop into  $\frac{1}{2}$ -inch pieces when cooled down.

# Roasted Fish Crispy Slaw Wrap

**Rating:** ★★★★★

**Prep time:** 50 minutes

**Cook time:** 12 minutes

**Makes:** 6 Wraps

A combination of colors and textures that overflows with fresh vegetables, spicy fish, and a burst of citrus, all contained in a whole-wheat tortilla, with fresh avocado.

## Ingredients

- 2 1/2 cups** Fresh red cabbage, shredded
- 2 cups** Fresh white cabbage, shredded
- 1 1/2 cups** Fresh carrots, peeled, shredded
- 1 cup** Fresh bok choy, julienne cut "shoestring strips" 1/8"
- 2 tablespoons** Fresh cilantro, chopped
- 3/4 cup** Low-fat balsamic vinaigrette dressing
- 1 tablespoon** Salt-free chili-lime seasoning blend
- 1 tablespoon** extra virgin olive oil
- 6** Tilapia fish filets, raw, 4 oz each
- 1 1/2 cups** Fresh romaine lettuce, julienne cut "shoestring strips" 1/8"
- 6** Whole-wheat tortillas, 8"
- 6 slices** Fresh avocado, peeled, pitted, sliced
- 2** Quarters of Fresh limes, quartered (2-3 quartered)

## Directions

1. Preheat oven to 375 °F.
2. In a large mixing bowl combine red and white cabbages, carrots, bok choy, cilantro, and balsamic dressing to make the slaw. Cover and refrigerate for at least 1 hour.
3. Place fish filets on a baking sheet lined with parchment paper sprayed with nonstick cooking spray. Brush fish with olive oil and sprinkle with salt-free seasoning blend. Roast



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 342    |                |
| Total Fat      | 10 g   |                |
| Protein        | 29 g   |                |
| Carbohydrates  | 37 g   |                |
| Dietary Fiber  | 6 g    |                |
| Saturated Fat  | 2 g    |                |
| Sodium         | 541 mg |                |

## MyPlate Food Groups

|               |              |
|---------------|--------------|
| Vegetables    | 1 1/2 cups   |
| Grains        | 1 1/2 ounces |
| Protein Foods | 2 1/2 ounces |

uncovered at 375°F for 12 minutes or until internal temperature reaches 145°F or higher and fish flakes with a fork. Use a food thermometer to check the internal temperature.

4. Remove fish from oven.

5. To assemble wrap: Place 1/4 cup lettuce on tortilla. Cut fish in half and place both pieces on top of lettuce. Add 1 cup cabbage slaw and a slice of avocado. Squeeze lime on top of mixture. Roll in the form of a burrito. Cut diagonally. Serve immediately.

## Notes

### Our Story

There are many benefits to living in Orlando, Florida. Liberty Middle School realized this when they learned a local chef from Universal Studios would be a member on their recipe challenge team. At the initial meeting, the chef discussed the importance of healthy food choices and introduced new ingredients, including bok choy which was used in their recipe creation.

The recipe also used whole-wheat tortillas, meeting the need to offer more whole grains in kids' diets. With the school's kitchen staff, the recipe challenge team developed the Roasted Fish Crispy Slaw Wrap. The team is ecstatic to have their recipe featured in this cookbook and is sure that other children will enjoy this crunchy, tasty delight!

### Liberty Middle School

Orlando, Florida

### School Team Members

**School Nutrition Professional:** Sharon Springer

**Chef:** Ed Collieran (Executive Sous Chef, Universal Studios)

**Community Member:** Sarah Thornquest  
(Physical Education Teacher)

**Students:** Joshua A., Tyler W., Kimberly A., Shalima D., and Priscilla R.

Recipes for Healthy Kids Cookbook for Homes

# Spaghetti Squash and Turkey Bolognese

**Makes:** 6 Servings

“Jackson heard that a classmate cooks once a week for her family and wanted to try cooking for us,” says Jackson’s mom, Nour. “He loves his dad’s traditional spaghetti with sausage but wanted to try to make his own with more of a meat sauce. Since we try not to eat pasta often, we decided to make this with spaghetti squash instead. He added his favorite veggies, which include mushrooms, carrots, and our local staple, Vidalia onions, to a basic Bolognese sauce and substituted ground turkey for beef.” Jackson serves this with whole--wheat toast drizzled with olive oil, and mango for dessert.

## Ingredients

- 2 medium spaghetti squash, halved and seeded
- 1 dash sea salt
- 1 teaspoon Herbes de Provence (optional)
- 3 tablespoons olive oil
- 1 Vidalia onion, peeled and chopped
- 2 carrots, peeled and finely chopped
- 8 ounces sliced mushrooms
- 1 garlic clove, peeled and minced
- 1 pound ground turkey
- 1 can 28-ounce can crushed tomatoes
- 1 can 8-ounce can tomato paste
- 8 ounces water
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- Freshly grated Parmesan cheese



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>306</b>    |
| <b>Total Fat</b>          | <b>17 g</b>   |
| Saturated Fat             | 4 g           |
| Cholesterol               | 54 mg         |
| <b>Sodium</b>             | <b>529 mg</b> |
| <b>Total Carbohydrate</b> | <b>26 g</b>   |
| Dietary Fiber             | 6 g           |
| Total Sugars              | 13 g          |
| Added Sugars included     | N/A           |

## Directions

1. **Preheat the oven to 425°F.** Sprinkle spaghetti squash with sea salt and Herbes de Provence, if using, and drizzle with 1 tablespoon olive oil. Place on a baking sheet or pan, cut side up, and cover tightly with foil. Bake for 25 minutes, uncover and continue baking for 45 minutes or until the flesh can be scooped out with a fork.
2. **Meanwhile, in a large nonstick pan,** warm the remaining 2 tablespoons olive oil over medium heat and add the onions and carrots. Sauté over medium heat until softened, about 6 minutes. Add the mushrooms and garlic and sauté for 3 minutes or until lightly brown. Add the turkey and cook about 8 minutes, or until no longer pink. Add the tomatoes, tomato paste, water, basil, oregano, salt, and pepper, and garlic powder. Bring to a boil, reduce heat to low, then simmer for about 30 minutes.
3. **To Assemble:** Scoop out the flesh of the spaghetti squash, divide amongst the plates, and top with the sauce and Parmesan (if desired). Serve with a slice of garlic whole--wheat toast.

The 2016 Healthy Lunchtime Challenge Cookbook

# Squish Squash Lasagna

**Prep time:** 30 minutes

**Cook time:** 1 hour, 35 minutes

**Makes:** 6 Servings

This savory recipe is made with a slightly sweet tomato sauce deliciously tucked between layers of whole-wheat lasagna noodles, butternut squash, and spinach, all nestled under part-skim mozzarella cheese.

## Ingredients

- 1/4 teaspoon** canola oil
- 3/4 cup** Fresh onions, peeled, diced
- 2 teaspoons** Fresh garlic, minced
- 1 1/2 cups** Canned low-sodium diced tomatoes
- 1/4 teaspoon** dried oregano
- 1/4 teaspoon** dried thyme
- 1/4 teaspoon** dried basil
- 8** Whole-wheat lasagna sheets, no boil, 3 1/2" x 7" sheets
- 1 1/4 cups** Fresh spinach, julienne cut "shoestring strips" 1/8"
- 1** Fresh medium butternut squash, peeled, seeded, sliced 1/4" (1 medium)
- 3/4 cup** Low-fat mozzarella cheese, low moisture, part skim, shredded (3 oz)

## Directions

1. Preheat oven to 350 °F.
2. Heat canola oil in a medium pot over medium-high heat. Add onions, and garlic. Cook for 2-3 minutes or until tender. Add tomatoes, oregano, thyme, and basil. Reduce heat to low and simmer, uncovered, for 30 minutes, stirring occasionally. Add 1/2 cup water. Mix well.
3. Divide sauce into 3 equal parts (about 3/4 cup each) and set aside for step 6.
4. Place pasta sheets in a bowl filled with hot water for 5 minutes. Remove sheets as needed to assemble



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 175    |                |
| Total Fat      | 4 g    |                |
| Protein        | 8 g    |                |
| Carbohydrates  | 29 g   |                |
| Dietary Fiber  | 5 g    |                |
| Saturated Fat  | 2 g    |                |
| Sodium         | 83 mg  |                |

## MyPlate Food Groups

|            |         |
|------------|---------|
| Vegetables | 3/4 cup |
| Grains     | 1 ounce |
| Dairy      | 1/2 cup |



lasagna.

5. Spray bottom and sides of an 8" x 8" nonstick baking pan with nonstick cooking spray.

6. To Assemble:

a. Place 4 lasagna sheets overlapping, covering the bottom of the pan

b. Cover evenly with about  $\frac{3}{4}$  cup tomato sauce

c. Spread half of the spinach (about  $\frac{3}{4}$  cup) evenly over sauce

d. Place 11 slices of squash on top of spinach, slightly overlapping

e. Repeat layering steps a-d

f. Cover with remaining sauce (about  $\frac{3}{4}$  cup)

Cover tightly with aluminum foil and bake at 350 °F for 50 minutes or until squash is fork-tender.

7. Remove lasagna from oven. Sprinkle cheese evenly over top.

8. Bake uncovered for 5 minutes or until cheese melts and browns slightly.

9. Remove lasagna from oven and allow to rest for 15 minutes before serving.

10. Cut into 6 even pieces. Serve hot.

## Notes

### Our Story

The team from Liberty Elementary School wanted to create a tasty recipe that would be enjoyed by kids. They started the recipe development process by sending survey questions to students in 4th and 5th grades. With feedback from students, they developed Squish Squash Lasagna.

This tantalizing dish features butternut squash, a deep orange-colored winter squash with a sweet, nutty taste similar to pumpkin that children are sure to enjoy. After sampling the Squish Squash Lasagna recipe, many students returned for second helpings. That's when the team knew that the Squish Squash Lasagna recipe was a hit. Give your kids some excitement by serving this mouthwatering main dish at mealtime!

### Liberty Elementary School

Powell, Ohio

### School Team Members

School Nutrition Professional:

Jackie Billman

**Chef:** Jeff Lindemeyer (Executive Chef, Cameron Mitchell Restaurants)

**Community Members:** Nicole Hancock and Michelle Lounsbury

**Students:** Tori L., Alexis H., Leah L., and Buddy F.

Recipes for Healthy Kids Cookbook for Homes

# Super Stuffed Squash

**Makes:** 4 Servings

“Ethan created this recipe specifically for this contest,” says Ethan’s mom, Shannon. “Since Ethan recently discovered he liked acorn squash and is not a big fan of the purple carrots, he decided to make the squash the star of his dish. He also knew he wanted to use one of his favorite seasonings, smoked paprika. He thought about how his ingredients would go together, brainstormed ideas with his mom and grandma, and shopped for ideas and locally available ingredients that would go with the squash and pork.” He serves his Squash with a Maple--Granola Yogurt Parfait on the side.

## Ingredients

2 acorn squash  
2 1/2 cups water  
1 cup brown rice  
1 pound ground pork  
1 medium onion, peeled and chopped  
3 garlic cloves, peeled and minced  
1 medium sweet apple, peeled, cored, and diced  
1 **teaspoon** smoked paprika  
Dash of cayenne, salt and freshly ground pepper  
4 **teaspoons** olive oil  
Chopped fresh parsley

## Directions

1. **Preheat the oven to 350°F.** On a large baking sheet, place the squash in the oven for 30 minutes, remove, cut in half and remove and discard the seeds. (Cooking it whole makes it much easier and safer to cut in half.) Put squash, cut-side down, back on the baking sheet with ¼ cup water, for another 20 minutes or until soft.



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>631</b>    |
| <b>Total Fat</b>          | <b>30 g</b>   |
| Saturated Fat             | 10 g          |
| Cholesterol               | 82 mg         |
| <b>Sodium</b>             | <b>125 mg</b> |
| <b>Total Carbohydrate</b> | <b>66 g</b>   |
| Dietary Fiber             | 8 g           |
| Total Sugars              | 5 g           |
| Added Sugars included     | N/A           |

2. **Meanwhile, in a large stockpot**, bring the water and the rice to a boil on medium--high heat, about 4 minutes. Cover, reduce the heat to low, and simmer for about 40 minutes, or until tender and liquid has been absorbed.

3. **In a large nonstick skillet**, warm 3 teaspoons of olive oil over medium heat and add the pork. Cook until lightly browned, about 6 minutes, then add onions, garlic, apples, smoked paprika, cayenne, salt, and pepper. Cook another 6 minutes, or until onion is soft. Add the brown rice, mix well.

4. **When squash is done**, turn cut--side up in the baking dish. Add a teaspoon of olive oil to the center of each squash half and season with salt and pepper, to taste. Divide the meat and rice mixture amongst the four squashes and fill the centers. Return to the oven for 10 minutes. Garnish with fresh chopped parsley and serve. (If your squashes are big, you may want to cut into quarters to serve.)

The 2016 Healthy Lunchtime Challenge Cookbook

# Tasty Tots

**Rating:** ★★★★★

**Prep time:** 30 minutes

**Cook time:** 35 minutes

**Makes:** 36 Tots

A healthy, kid-friendly alternative to traditional 'fried' potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).

## Ingredients

**5 cups** Fresh sweet potatoes, peeled, coarsely shredded  
**2 1/3 cups** canned low-sodium garbanzo beans (chickpeas), with liquid  
**1/2 cup** Fresh green onions, finely chopped  
**2 tablespoons** vegetable oil  
**1/2 teaspoon** salt  
**1/2 teaspoon** Granulated Garlic  
**1/4 teaspoon** ground black pepper  
**1/2 teaspoon** onion powder  
**1/2 teaspoon** ground cinnamon

## Directions

1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 °F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 172    |                |
| Total Fat      | 5 g    |                |
| Protein        | 4 g    |                |
| Carbohydrates  | 28 g   |                |
| Dietary Fiber  | 5 g    |                |
| Saturated Fat  | 0 g    |                |
| Sodium         | 377 mg |                |

## MyPlate Food Groups

|            |         |
|------------|---------|
| Vegetables | 3/4 cup |
|------------|---------|

5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.
6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

## Notes

### Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

### Bellingham Memorial Middle School

Bellingham, Massachusetts

### School Team Members

**School Nutrition Professional:** Jeanne Sheridan, SNS

**Chef:** Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools [chefsmoveetoschools.org](http://chefsmoveetoschools.org))

**Community Members:** Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

**Students:** Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

\*The legumes in this recipe contribute to the other vegetable subgroup and not the meat/meat alternate component since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.

Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Recipes for Healthy Kids Cookbook for Homes

# Tasty Veggie Tacos

**Makes:** 4 Servings

“In Nebraska we are fortunate to have access to delicious fresh and garden-raised vegetables,” says Lauren. “It hit me that we can make foods that we already love, into healthier but yummy foods. That inspired me to whip up something that utilized vegetables for more than just the toppings. Cauliflower creates a twist on taco shells and is the foundation of a new take on tacos. I hope you enjoy this new take on tacos!”

## Ingredients

For the Cauliflower Tortillas:

- 1** head cauliflower, chopped
- 2** large eggs
- 1/4 cup** chopped fresh cilantro
- 1/2** lime, juiced
- Salt and freshly ground black pepper

For the Corn Salad:

- 2** ears of corn, kernels removed (about 1 cup fresh corn kernels)
- 1/4 cup** chopped cilantro
- 1 teaspoon zest and juice of ½ fresh lime
- 1 tablespoon** olive oil
- 1/4 teaspoon** sea salt
- 1/2 cup** crumbled queso fresco

For the Black Beans:

- 1 tablespoon** olive oil
- 1** yellow onion, peeled and chopped
- Salt and freshly ground black pepper
- 1 tablespoon** ground cumin
- 2** 15-ounce cans black beans, rinsed and drained
- 1/4 cup** water

Garnish:

- 1** large avocado, sliced into thin strips
- 1** jalapeño, sliced into thin strips
- Salsa and/or fresh tomatoes



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>435</b>    |
| <b>Total Fat</b>          | <b>15 g</b>   |
| Saturated Fat             | 4 g           |
| Cholesterol               | 105 mg        |
| <b>Sodium</b>             | <b>735 mg</b> |
| <b>Total Carbohydrate</b> | <b>56 g</b>   |
| Dietary Fiber             | 20 g          |
| Total Sugars              | 8 g           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>24 g</b>   |
| Vitamin D                 | 1 mcg         |
| Calcium                   | 244 mg        |



## Directions

1. **To make the Cauliflower Tortillas:** Preheat the oven to 375°F. Line a large baking sheet with parchment paper or grease with oil or nonstick cooking spray. In a food processor, add cauliflower and pulse until it becomes rice-like consistency. Place in a microwave--safe bowl and microwave for 2 minutes, then stir and microwave again for another 2 minutes. Place in a thin dish towel, let cool for several minutes and then squeeze out as much liquid as possible. In a medium bowl, whisk the eggs. Add in cauliflower, cilantro, lime, salt, and pepper and mix until well combined. Use your hands to shape 4 "tortillas" on the parchment paper. Bake for 10 minutes, carefully flip each tortilla, and return to the oven for an additional 7 minutes, or until completely set and light golden. Place tortillas on a wire rack to cool slightly.
  2. **To make the Corn Salad:** In a microwave--safe bowl, cook the corn for 2 minutes. In a medium--sized mixing bowl, combine the corn with the remaining ingredients and set aside to marinate.
  3. **To make the Black Beans:** In a large nonstick skillet, warm the olive oil over medium heat, add the onions and salt, to taste. Cook, stirring occasionally, about 5 minutes, or until the onions have softened. Add the cumin and cook for about 30 seconds, add the beans and water. Stir, cover, reduce heat to low and simmer for 5 minutes. Mash half of the beans with the back of a fork or a masher. Remove from heat, season with salt and pepper to taste.
  4. **To Assemble:** Place 2 tablespoons of the bean mixture into each cauliflower taco shell, top with corn salad, and enjoy with optional garnish.
- The 2016 Healthy Lunchtime Challenge Cookbook

# Teeny Zucchini Triangular Panini

**Makes:** 6 Servings

“Here in New Hampshire, there is a big push to support local farmers and to urge our community to buy local,” says Jude. “My family likes to grow food in our backyard garden. In August we usually get lots and lots of zucchini. My grandpa says ‘you need to have a lot of friends and neighbors if you grow zucchini so you can give it away to them.’ I like to pick the zucchini (and other yummy vegetables) and fill a few boxes and bring it to our local food pantry and soup kitchen. I enjoyed creating and eating this recipe with my mom and it is part of our monthly menu rotation.”

## Ingredients

- 2 cups** grated zucchini
- 2** eggs, lightly beaten
- 1/2 cup** crumbled low-fat feta cheese
- 1/4 cup** diced sweet peppers (red, orange, yellow or green)
- 1/4 cup** mashed chickpeas (from ½ cup whole chickpeas)
- 1/4 cup** diced green onions
- 1** garlic clove, peeled and minced
- Salt and freshly ground black pepper
- 1/2 cup** breadcrumbs
- 1/4 cup** chopped fresh parsley or 1 teaspoon dried parsley
- 1/4 cup** olive oil
- 6** whole-wheat pitas
- Heirloom or beefsteak tomato slices
- Baby Lettuce
- 1 cup** hot marinara sauce

## Directions

1. **Place the zucchini** into a clean dish towel, and tightly squeeze the water out into the sink. In a large mixing bowl,



## Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>342</b>    |
| <b>Total Fat</b>          | <b>16 g</b>   |
| Saturated Fat             | 4 g           |
| Cholesterol               | 74 mg         |
| <b>Sodium</b>             | <b>468 mg</b> |
| <b>Total Carbohydrate</b> | <b>40 g</b>   |
| Dietary Fiber             | 6 g           |
| Total Sugars              | 6 g           |
| Added Sugars included     | 1 g           |
| <b>Protein</b>            | <b>12 g</b>   |

add all of the ingredients up to the olive oil. and mix together well. Using your hands, create 6 patties about the size of the pita bread.

2. **In a large nonstick skillet**, warm the olive oil over medium heat and cook the patties, about 4 minutes per side, or until golden brown on each side and heated through. Place the patties on the pita bread and top with tomato slices and lettuce. Then grill the sandwich on a panini press, indoor electric grill, or even a waffle maker until the bread is crispy. Cut into small triangles on a cutting board. Enjoy with marinara sauce for dipping, a glass of milk and, if in season, a McIntosh apple.
- The 2016 Healthy Lunchtime Challenge Cookbook

# Victory at Yorktown

**Makes:** 1 Serving

“We are a military family who have lived in many states and countries,” says Kathryn’s dad, Elven. “We have a tradition of trying local foods, then making our own versions and giving them memorable names to remind us of our time living there. While stationed at Langley Air Force Base, in Virginia, we visited the Yorktown Battlefield. That hot summer night we were in the mood for something light; this dish was originally made from local ingredients. The best part was brainstorming name ideas and laughing about all the ideas not chosen because they were too silly. Victory at Yorktown came up. Even though it doesn't really describe the wrap, it does remind of us of the day.” Kathryn serves it with a side of fruit salad.

## Ingredients

For Wrap:

- 1** whole-wheat tortilla
- 2 tablespoons** hummus
- 1/2** cooked chicken breast, thinly sliced
- 3** avocado slices
- 1 tablespoon** finely sliced carrots
- 2** slices cucumber, diced
- 2 tablespoons** diced tomatoes
- Drizzle sweet chili sauce
- 5** cilantro leaves

For Fruit Salad (not pictured):

- 2** sliced strawberries
- 5** raspberries
- 5** banana slices
- 2 tablespoons** vanilla low-fat yogurt



## Nutrition Information

| Key Nutrients  | Amount% Daily Value |
|----------------|---------------------|
| Total Calories | 378                 |
| Total Fat      | 12 g                |
| Protein        | 22 g                |
| Carbohydrates  | 47 g                |
| Dietary Fiber  | 10 g                |
| Saturated Fat  | 3 g                 |
| Sodium         | 513 mg              |

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

|            |         |
|------------|---------|
| Fruits     | 1/2 cup |
| Vegetables | 3/4 cup |

## Directions

1. **To make Wrap:** On tortilla, spread hummus, then layer on strips of chicken breast and avocado. In a small bowl, combine carrots, cucumbers and tomatoes, and arrange on top of the avocado. Drizzle with chili sauce just before serving and top with cilantro.
  2. **To make Fruit Salad:** In a bowl, combine all ingredients and stir to combine.
- The 2016 Healthy Lunchtime Challenge Cookbook

# Wheat Berry Chili

**Makes:** 8 Servings

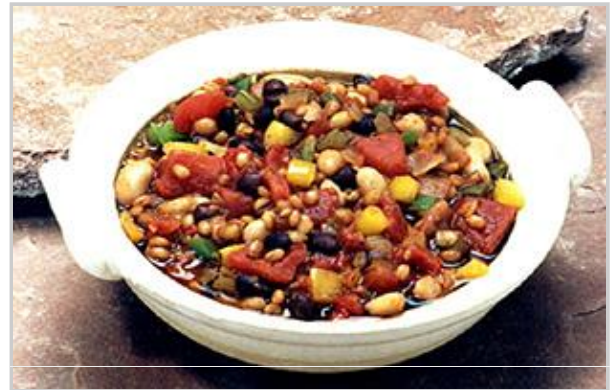
Wheat berries are the whole, complete wheat grain, before any processing is done. They provide lots of heart healthy fiber and match this chili recipe perfectly.

## Ingredients

- 1 cup** wheat berries
- 3 cups** water
- 1** large onion, chopped
- 1/2** green pepper, chopped
- 1/2** yellow pepper, chopped
- 4 teaspoons** chili powder, or to taste
- 1/4 teaspoon** hot pepper sauce
- 1/8 teaspoon** black pepper
- 1 can** 8-ounce tomato sauce, unsalted
- 1 can** 28-ounce tomatoes, diced, unsalted
- 2 cups** beef broth, 99% fat free, reduced sodium
- 1 can** 15-ounce kidney beans, unsalted
- 1 can** 15-ounce white beans, unsalted

## Directions

1. Cook wheat berries in 3 cups of water for 1 hour until tender; add more water if necessary, drain.
2. Rinse with cool water and drain thoroughly.
3. In the microwave on medium heat, cook onion, green and yellow pepper for 1 minute, or until desired softness.
4. In a 4-quart pot, combine remaining ingredients with wheat berries and microwaved vegetables.



5. On stovetop, bring to a boil and simmer uncovered 1 hour or until desired consistency is reached, stirring occasionally.

## Notes

Meal suggestions: Serve with 1 non-fat dairy serving, ½ bread serving and 1 serving of fruit.

# White Chili

Rating: ★★★★★

Makes: 10 servings

## Ingredients

**4 cups** white beans (cooked, see [recipe](#))  
**1 tablespoon** olive oil  
**2** red pepper (chopped)  
**1** onion (large, chopped)  
**1** chopped green chili (can adjust to taste)  
**3** garlic (cloves, minced)  
**1 tablespoon** chili powder  
**1 teaspoon** cumin  
**1 teaspoon** oregano  
**2 cups** chicken broth (low sodium)  
**2 cups** milk, low-fat  
**1/4 cup** cilantro  
**3/4 pound** chicken (cooked and cubed)  
**6** corn tortillas (toasted and cut into 1 inch squares)

## Directions

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

## Nutrition Information

| Key Nutrients         | Amount     | % Daily Value |
|-----------------------|------------|---------------|
| <b>Total Calories</b> | <b>210</b> |               |
| Total Fat             | 5 g        | 8%            |
| Protein               | 18 g       |               |
| Carbohydrates         | 25 g       | 8%            |
| Dietary Fiber         | 5 g        | 20%           |
| Saturated Fat         | 1 g        | 5%            |
| Sodium                | 150 mg     | 6%            |



# Yogurt Pops

**Makes:** 4 servings

## Ingredients

**3/4 carton** yogurt, fat-free, flavored or plain (8 ounce)

**3/4 cup** fruit juice

## Directions

1. Put the yogurt and juice in a bowl.
2. Stir together well.
3. Pour the mix into paper cups.
4. Stick a popsicle stick in the center of the mix in the cup.
5. Place the yogurt pops in the freezer until they turn solid.

## Notes

Here are some good flavor mixes for yogurt pops:

- Lemon yogurt with orange juice
- Vanilla yogurt with raspberry juice

You can buy popsicle sticks in a crafts store, or in the crafts department of a discount store.

### Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 49     |                |
| Total Fat      | 0 g    | 0%             |
| Protein        | 3 g    |                |
| Carbohydrates  | 9 g    | 3%             |
| Dietary Fiber  | 0 g    | 0%             |
| Saturated Fat  | 0 g    | 0%             |
| Sodium         | 36 mg  | 2%             |

### MyPlate Food Groups

|        |         |
|--------|---------|
| Fruits | 1/4 cup |
| Dairy  | 1/4 cup |

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes